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MILLION

Big boost for flood security

HIGH RIVER

Province funds new projects, forgives most over-payments

Brodie Thomas

For Metro | Calgary

Aiming to heal old wounds and prevent new ones, the Alberta government announced \$30 million in flood mitigation projects for High River and a more forgiving approach to disaster payments Monday.

The province will fund two berms to protect the community and rehabilitation of the Lineham Bridge.

"We know we can't control Mother Nature, but we're taking steps to lessen the impact of future disasters on homes and communities," said Municipal Affairs Minister Danielle Larivee.

The government also announced changes to the Disaster Recovery Program, which should resolve 80 per cent of the cases.

Some people who had applied for funding also received money from charities and insurance and were deemed to have been overpaid by disaster recovery.

The government will stop collection on over-payments for files of \$5,000 or less, affecting nearly 550 outstanding cases. Roughly 75 files where over-payments were more than \$5,000 will be handled on a case-by-case basis.

WITH FILES FROM THE CANADIAN PRESS

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Cell tower proposal has residents upset

CRANSTON

Condo owners say board gets too aggressive



Aaron Chatha
Metro | Calgary

Owners in a Cranston condominium complex are upset with a proposal to build a cell tower on their building, and with how the condominium board sought signatures — enough that one owner has decided to sell her property.

That owner, Anna Wojcieszek, said she did not get to vote on whether the Rogers cell tower would be placed above her condo, as she discovered a sole email from the condominium board of directors in her junk email box only after it was too late. She felt the wording of the email was misleading and didn't give enough information to make an informed choice.

"You know what I mean — people were not even aware that the property value will go down having that tower in. Not to mention the health hazards people are misinformed about," she said.

Wojcieszek typically rents out her property.

The email, which was provided to Metro, read: "I apologize for bothering you again but



Some people in this complex are fighting the installation of a cell tower. AARON CHATHA/METRO



He was very vague about the issue and extremely pushy.

Ex-resident Jason Hamzeh

Cranston Place really needs you to agree and sign the attached Telus and Rogers Resolutions."

Another resident, Jason Hamzeh, wrote in an open letter how a building official visited him three times asking for a signature.

"He was very vague about the issue and extremely pushy," Hamzeh no longer lives in the

complex.

Shari Karns, president of the complex board of directors, acknowledges the board of directors went door to door, but said they weren't aggressive with residents.

"No one was forced to sign anything," said Karns. "They were given the package, asked to read it, and they could sign it right then and there if they wanted to, or they could hold on to it."

Karns said they received the percentage of signatures they needed to move forward with the proposal.

Since moving forward, Rogers has held a community informa-

tion session, but has received some pushback.

Last week, Metro reported that the Cranston Community Association had started a petition to halt the tower proposal. The community association said it had not received any information packages regarding the cell tower from Rogers.

Rogers claims this is untrue, and that the association had been sent a letter.

Consulting landman Mark Innes said the City of Calgary required Rogers to notify residents within 300 metres of the proposed tower site, but Rogers actually went beyond that when sending notifications.

PIPELINE

TransCanada asks to halt Keystone XL

In a surprise move, the company behind the controversy-plagued Keystone XL pipeline has asked the U.S. government to temporarily suspend its application.

That request from TransCanada Corp. adds a new wrinkle to one of the biggest Canada-U.S. political irritants of recent years, involving a pipeline from Alberta to Texas.

The request comes in a letter to U.S. Secretary of State John Kerry.

It asks the American administration to delay its decision

on a border-crossing permit, pending an ongoing dispute in Nebraska over the route.

If heeded, that request could potentially have two major implications: First, it could spare the company a potential rejection from U.S. President Barack Obama.

It could also punt the issue beyond the 2016 U.S. election, making it a campaign issue and placing the file in the hands of a future administration.

THE CANADIAN PRESS



IN BRIEF

Playground accident hospitalizes girl, 6

On Monday, a six-year-old girl was rushed to Alberta Children's Hospital after an accident at a northeast school.

Emergency Medical Services said they received a call just after 12:30 p.m.

A spokesperson from the Calgary Board of Education said the Grade 1 student had an accident on the playground of O.S. Geiger school.

"The safety and security of our students is of utmost importance at the Calgary Board of Education," read a statement.

METRO

Police seeking help to solve break-in

Calgary police are looking for the public's help to identify a man involved in a

break-in earlier this month.

On Oct. 1 at about 3:30 a.m., an unknown thief used a brick to smash the glass front door of a business located at 40 Panatella Blvd N.W. He entered the store, stole an undisclosed amount of cash and fled the scene.

He is described as a white man, wearing a black hoodie with a yellow Under Armour logo on the front, black pants, black gloves and was carrying a backpack.

Police believe this incident may be connected to a break-in that occurred in February.

Anyone with information about either incident is asked to call police at (403) 266-1234 or Crime Stoppers anonymously.

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EDUCATION

U of C faculty calls out corporate culture



Helen Pike
Metro | Calgary

Sandra Hoenle, president of the Faculty Association of the University of Calgary, is calling the school's questionable elbow grazing with corporations problematic and systemic.

An investigative report by CBC alleged Enbridge's involvement with the University of Calgary's Centre for Corporate Sustain-

ability was inappropriate, and has upset faculty and garnered attention from national bodies like The Canadian Association of University Teachers (CAUT).

The report, which was upheld on the crux of several senior faculty members, outlined several conflicts of interest following the energy company's donation to the university.

"It's quite alarming that corporations can make donations and have this kind of influence on academic decisions," said

Hoenle. "It does a lot of damage to academic freedom, to the freedom of the university to pursue things and also individual academics."

CAUT released a statement Monday morning alluding to the possibility of a formal investigation into the matter, which president Robin Vose said is looking like a distinct possibility.

"It looks like that's fairly likely in this case," said Vose. "When the accusations are this serious — and apparently there

are documents — that's pretty much what we're looking for."

Lori Sigurdson, Minister of Advanced Education, provided Metro with a written statement:

"Academic freedom is a cornerstone of any university and that principle will be maintained in Alberta. Collaborative partnerships between industry and our post-secondary institutions can benefit students and our economy, but no industrial partner should block or interfere with academic freedom in any way."



Many people in Okotoks want the town to find ways to control its deer population. The animals, while beautiful, are hard on gardens and dangerous on roads. THE CANADIAN PRESS FILE

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Deer census conducted

OKOTOKS

Officials hope to develop management strategy

Brodie Thomas
Metro | Calgary

Deer are generally thought to be timid and quiet creatures.

But many gardeners in Okotoks have different thoughts about the animals, which can wreak havoc on vegetable and flower gardens. And they've been raising their concerns with town officials.

Christa Michailuck, parks manager for the town of Okotoks, said in order to better study and monitor deer in the community, the town arranged a deer count on Sept. 15.

The count was meant to establish a baseline on which the town can compare future numbers.

The town was divided into districts, and more than 50 vol-

unteers set out to count within their boundary.

Michailuck said they wanted to count the deer — known for their speed — in a very limited time frame in order to avoid duplication.

"We had everybody meet at 10 a.m.," she said. "Everyone was out on the way to their site by 11 a.m. and was back by noon."

The count revealed 51 deer within town boundaries and another 15 just outside.

Michailuck said she'd like to repeat the count every two years. She said the town's goal is to create an environment where the deer population doesn't become overabundant.

The town also consulted Dr. Judith Samson-French, a Bragg Creek veterinarian, on ways to control the population.

She warned against culls, and suggested creating an environment that isn't attractive to deer.

Something as simple as a crab-apple tree can make a difference.

"Either rake them up and dispose of them, or change out that tree," said Michailuck. "Get people to take some action as well."

IN BRIEF

Former Alberta Tory not facing bribery charges

Police say no charges will be laid following a bribery investigation into a former Alberta politician.

Naresh Bhardwaj was a PC backbencher when he was accused in March of tampering in a heated nomination race in his Edmonton-Ellerslie constituency.

A resident of the riding

swore in an affidavit alleging Bhardwaj and another man offered him \$10,000 to help disqualify a rival for the riding nomination.

The NDP, which was voted into power in May, had asked police to investigate.

Bhardwaj said in a statement Sunday that he's happy the investigation is over. THE CANADIAN PRESS

First Nations meet to talk post-election game

INDIGENOUS RIGHTS

Leaders wait to see if new government will deliver

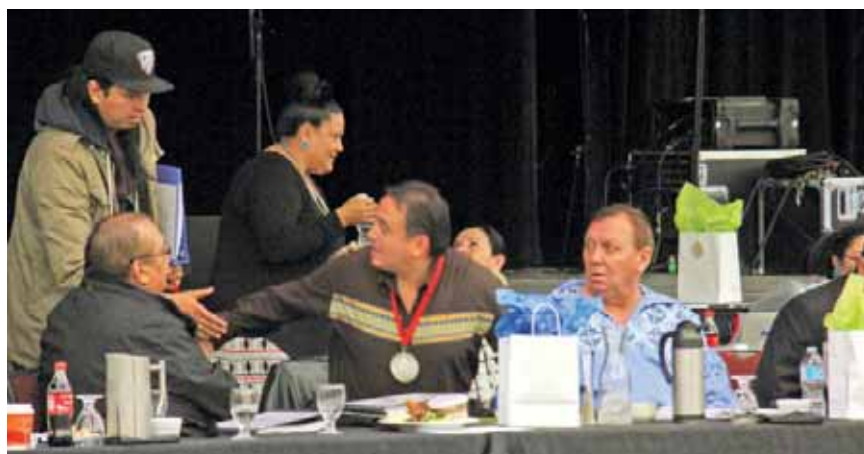


Jeremy Simes
For Metro | Calgary

Canada's First Nations leaders are holding their breath on the newly elected Liberals, waiting to see if prime minister-designate Justin Trudeau holds up to his election promises.

On Monday, the Assembly of First Nations (AFN) held a post-election strategy meeting at Tsuut'ina First Nation, prioritizing the many issues the country's indigenous peoples are facing.

Members of the media were not invited to attend the meeting, though First Nations leaders spoke to reporters outside



Assembly of First Nations National Chief Perry Bellegarde, centre, and Tsuut'ina Chief Troy Whitney, right, greet those attending the meeting during a lunch break. JEREMY SIMES/FOR METRO

of scheduled meeting times.

Craig Makinaw, AFN regional Chief of Alberta, said some of the larger issues include missing and murdered aboriginal women, truth and reconcilia-

tion, and First Nations education and health.

Makinaw said he hopes Trudeau follows through with his promises, which includes repealing or reforming many

pieces of legislation that don't respect the rights of indigenous peoples, giving First Nations a veto over development in their territories, and implementing all 94 recommendations in the

Truth and Reconciliation Commission for residential schools.

During his campaign, Trudeau also said he'd increase the funding for First Nations schools. The Conservatives allocated \$1.4 billion over the course of three years for those schools, but never delivered.

Makinaw said he's in wait-and-see mode regarding the Liberals' plans.

"If (Trudeau) moves ahead (with these promises), then that'll be good," he said. "Once the government starts working, we will have a better idea of how (it's) doing regarding these issues."

Darrell Strongman, chief of the Montana First Nation on Treaty 6 territory, said he'd like to meet with Trudeau regarding issues facing his people, adding he's also waiting to see what the incoming government does.

"I think the (AFN) is on the right track and moving forward in terms of working with the new government," he said.

WEATHER

Calgarians fare well with first snowfall

The Halloween decorations had just been put away when Calgary was greeted with the cold season's first blanket of snow.

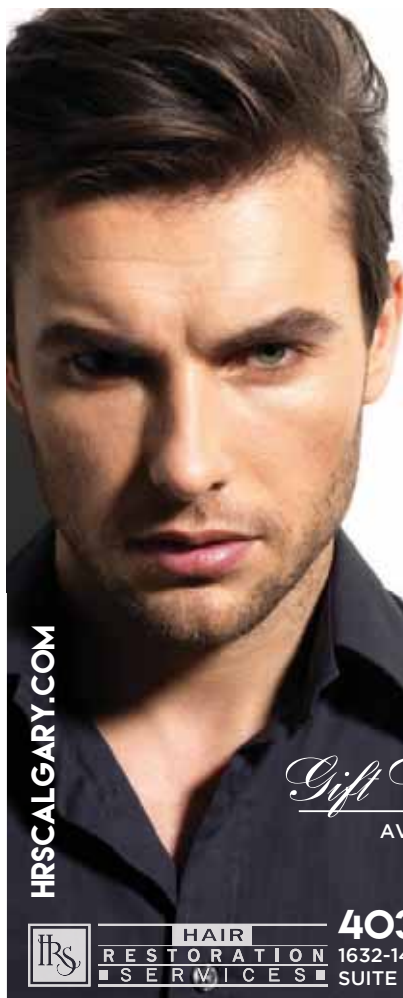
On Monday morning, many Calgarians woke up to see large flakes coming down over the city, whiting out the downtown core and causing a few traffic delays along the way.


Although the first snowfall usually comes with many commuter headaches, Police didn't notice an overwhelming increase in reported collisions.

Between the hours of 6 a.m. and 10 a.m., the public reported a total of 31 collisions — six resulting in injuries — which, according to police, isn't more than an average weather day.

Crashes were clustered around the city, and many minor collisions may not be reported until the following day according to police.

Snow cleared in the afternoon and practically disappeared, but moved on to Kananaskis and Canmore. HELEN PIKE/METRO





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Academics work to have open textbooks adopted

EDUCATION

15 projects funded with \$2 million from government



Helen Pike
Metro | Calgary

What if you could grab a textbook for free, watch as it evolves year after year and see it adapted and changed to meet your professor's needs?

Open Educational Resources are giving both students and professors new opportunities when it comes to flexibility and affordability. And a group of University of Calgary folks are trying to help move these resources, among them open textbooks, to the forefront.

It's been over a year since the Alberta Government allocated funds to the Alberta Open Educational Resources initiative and so far 15 projects have been funded with a chunk of the \$2 million the PC government allocated.

As it stands, three OER projects are being used at the University of Calgary. Both students and academics are working to have open textbooks and other OERs recognized and adopted by academia.

With the change in govern-



The University of Calgary currently has three classes using Open Educational Resources.

METRO FILE

ment, Thomas Hickerson, vice provost and University librarian at the U of C, who is on the OER steering committee, said he's glad to see the NDP has committed to continue the project.

"It really is about how can we change the landscape

“it's a great way for the provincial government to support students.”

Thomas Hickerson

for the province's students," Hickerson said, adding provincial support will be necessary to move forward with more OER projects. "I think there's a real interest in these kinds of resources that extends beyond public funding ... but it's going to be an important piece of the

solution ... it's a great way for the provincial government to support students."

According to Stephan Guscott, VP academic, with the Students' Union, these funds allocated by government are in the process of being rejuvenated, but in the meantime he's helping work on ways to increase the demand for this emerging medium.

Guscott said at the University of Calgary he is working with the vice provost of teaching and learning to create an OER network to connect pockets of support on campus and raise its profile.

"There is so much capacity to develop (the network) ... so what we really need to do is provide the support and help people work together," Guscott said. "The other aspect of the network would be to provide some credit or recognition, especially within the teaching stream at the U of C."

He said the idea of open educational resources is great for students because of the cost benefit when compared to textbooks. He said what's most attractive for him is the quality of the resource and how flexible they are.

"The quality of the resource if you're able to move things around so that it's the best for the course that you're teaching so that students have a resource they can go to that relates to what they learned in class."

POLITICS

Wildrose Bill 203 killed by NDP



Ryan Tumilty
Metro | Edmonton

NDP MLAs killed a private member's bill Monday that aimed to ban government announcements during elections, even though Premier Rachel Notley called for exactly such legislation earlier this year.

Bill 203 was effectively killed through government procedure Monday with the NDP's majority used to relegate it to a special committee on ethics and accountability that the government set up earlier this year.

MLA Rick Strankman introduced Bill 203 and, had it become law, said it would prohibit the government from announcing new projects or spending during elections or byelections.

Earlier this year, Alberta's ethics commissioner criticized former education minister Gordon Dirks for announcing new, modular classrooms for a school in his riding while he was campaigning there in a byelection.

Notley, who was in opposition at the time, said it illustrated a need for better legislation.

"There are other jurisdictions that prohibit this kind of behaviour and frankly, we should too," she said.

Strankman said he's deeply disappointed the NDP killed his bill.

"It's a simplistic bill. It's legislation that the now premier called for," he said.

RICK MERCER REPORT

TONIGHT Rick takes to the skies over Niagara Falls in a legendary World War II Lancaster Bomber.

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ALL-NEW
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Wildrose asks for more time

BUDGET DEBATE

NDP MLA says Opposition is filibustering

Alberta's fall legislature sitting is off to a lurching start due to cross-floor partisan sniping and time-consuming wrangling over the rules of the game.

The disagreements concern time for debates and even what time in the morning legislature members should sit down in the house to work.

"The (Opposition) Wildrose is intent on focusing on what I consider to be unimportant questions," NDP house leader Brian Mason said Monday.

The focus of the sitting is on the NDP's first budget, which proposes extensive borrowing, higher taxes and a job creation plan.

But work is proceeding slowly as the Wildrose party attacks Rachel Notley's New Democrats in the house, accusing them of stifling debate, slurring Wildrose policy and ramming through legislation.

The Wildrose notes the NDP will shorten debate days on the budget to seven — about half of what the NDP, when it was in opposition, said should be given. Mason said the new plan gives the opposition more time to ask questions of key departments such as health.

The two parties are also fighting over a proposal to begin debating bills in the morning.



The Wildrose Party accuses Rachel Notley's government of shutting down debate and ramming through legislation.

THE CANADIAN PRESS

The current practice is to start after lunch and, if necessary, go deep into the night. The NDP wants to begin sessions at 9 a.m.

Last week, one Wildrose MLA after another stood in the house to demand a 10 a.m. start, saying it works better for them and for staff. Mason accused the party of filibustering.

Wildrose Leader Brian Jean said it's not about petty issues such as start times, but the larger question of holding the NDP to account.

"Any attempt by a sitting government to change the (rules of the house) usually means they're taking shots at democracy and accountability because

they want less accountability," said Jean.

House debate time has also been chewed up by other issues.

After lengthy debate last week, the Wildrose asked Speaker Bob Wanner to rule on whether cabinet usurped a legislature committee by promising in the budget to freeze MLA pay.

Progressive Conservative Leader Ric McIver said everyone just needs to get back to work: "The public doesn't want to hear their politicians whining, moaning (and) complaining about their working conditions."

THE CANADIAN PRESS

UNIVERSITY OF ALBERTA

Men who clean will clean up in the love department: Study



Andrea Ross
Metro | Edmonton

There's nothing sexier than a man who cleans as much as his partner, according to a new study from the University of Alberta.

The study examined more than 1,300 couples over five years and revealed the key to spicing up your sex life could be completing an equal number of chores as your partner. Participants reported more frequent and satisfying sex when men contributed their fair share to the housework.

The findings debunk a 2012 study from the U.S. that found couples had less sex when men did chores widely regarded as 'feminine,' including washing the dishes, cooking and laundry.

"My analysis showed the amount of housework male partners completed did not predict the couple's sex life," said study author Matt Johnson, a professor of human ecology.

"Rather, it was the perception of fairness. When men felt they were making a fair contribution to housework, the couple



According to a University of Alberta study, the key to a better sex life is an equal role in completing housework. CONTRIBUTED

enjoyed more frequent sex, and both men and women were more satisfied with their sex lives."

A fair contribution can mean different things for every couple, depending on daily routines and work schedules, Johnson said.

The reason couples who felt household duties were split evenly had better sex probably has to do with there being less tension between them, Johnson added.

When a male partner isn't pulling their weight, either the female partner picks up the slack for the male partner, or chores simply remain undone. This can

create tension and bitterness in a relationship, Johnson said, resulting in trouble between the sheets.

"When those feelings are in a relationship, it's not conducive to a healthy and satisfying sex life," he said.

Johnson admits the study was limited — female partners weren't surveyed for their thoughts on whether their male partners were fairly contributing to housework.

The study will appear in a future print issue of the Journal of Family Psychology.



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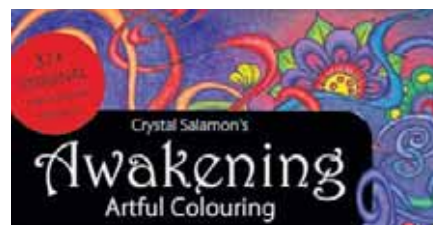
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+ THE ARTIST

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Invention assists early-term babies

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Device recently developed by Calgary-based researchers



Jeremy Simes
For Metro | Calgary

About two hours before Jasmina Stewart gave birth to her preterm daughter, Anastasia, she had to decide whether or not she'd let doctors use a new device that allowed them to keep Anastasia connected to her umbilical cord while receiving additional care.

The device — called INSPIRE (Integrated Neonatal Support with Placental Transfusion and Resuscitation) — was recently developed by Calgary researchers at the Foothills Medical Centre, and acts as a portable resuscitation station that can be placed right beside a delivering mom.

Normally, babies who are born prematurely — before 32 weeks — must have their umbilical cords severed so they can be transported to a resuscitation station to receive immediate care.

However, studies have shown that remaining connected to the umbilical cord for one to three minutes after birth reduces the risk of bleeding in the brain by 50 per cent, according to Alberta Health Services.

So Stewart decided to try the device — a North American first — and, as it turns out, Anastasia is now well within the same weight range as normal-term babies. “I think (the device) did make a difference,” she said. “This is something that has no risk — in my eyes — and it has great benefits.”

Dr. Sumesh Thomas, medical director of neonatology at the Foothills, has been using the device as part of a trial for new moms since May, and plans for a larger study to evaluate the benefits of INSPIRE.

Thomas said he expects



I think they've made Anastasia's future in life much better.

Mom Jasmina Stewart

the technique to be beneficial for premature babies — not only are they receiving blood, they're also receiving other products, like iron and stem cells.

“We don't know the full benefits of this intervention,” he said. “But there will be ongoing studies to answer those questions.”

Stewart said she would've liked Anastasia to be connected to her umbilical cord longer, so she could get as many nutrients as possible. Anastasia was connected for about 90 seconds, she said.

Sumesh said doctors will look into extending that connection time after they further study the benefits of the device.



Derek Kowal, a registered respiratory therapist, demonstrates the INSPIRE device at the Foothills Medical Centre. JEREMY SIMES/FOR METRO

HEALTH

Cyclotron still broken, treatments delayed

Alberta Health Services' cyclotron is still not working, and is expected to be down for seven to 10 more days.

The machine, which makes a radioactive product necessary for PET and some CT scans, has been out of order since Oct. 14.

In a release, AHS explained some of the problems that are slowing down repairs. They said precision parts must be placed with no margin of error. The cyclotron is also in a radioactive environment, which limits the time workers can spend repairing the machine.

In the meantime, the radioactive product is being brought in from other provinces.

AHS says it is completing about 70 per cent of its normal scan volume.

Once the machine is fixed, they anticipate it will take about a month to clear the backlog of patients who need scans.

METRO

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MPs to vote on bill

PARLIAMENT OF CANADA ACT

Politicians weigh benefits of adopting new powers

The 338 MPs of the 42nd Parliament will have the opportunity this week to formally adopt new powers — the question is, will they view the changes as in their political interest?

Already, the NDP is signalling it likely won't support all or any of the new provisions in the Parliament of Canada Act, which originated in a Private Member's Bill by Conservative MP Michael Chong.

The Liberals are only just beginning to consider the implications. One high-level source suggested many inside the party don't see the need to bind themselves by the provisions.

NDP House Leader Peter Julian refers to Chong's bill, passed into law in June, as the "Conservative Reform Act."

When he put forward the bill, Chong said it was designed to rebalance power between



NDP House Leader Peter Julian asks a question during question period in the House of Commons in Ottawa in May. SEAN KILPATRICK/THE CANADIAN PRESS FILE PHOTO

MPs and the party leaders.

The four changes that each caucus will need to vote on before they get to anything else are:

- Whether MPs have the power to trigger a secret ballot leadership review after 20 per cent of them request one.

- Whether MPs have the power to suspend and reinstate colleagues via secret ballot.

- Whether MPs have the power to elect interim leaders.
- Whether MPs have the power to elect and eject their caucus chairpersons.

The Conservatives are facing

the tricky question of whether to exclude senators from their vote for interim leader. The Chong bill specifies that only MPs can participate in the votes, while the Conservative constitution refers to the parliamentary caucus.

THE CANADIAN PRESS

POLICY

Liberals to restore long-form census

Restoring the long-form census will be among the first acts of the new Liberal government, which takes office Wednesday.

Prime minister-designate Justin Trudeau and his cabinet are expected to move quickly on the formal decision to reinstate the mandatory questionnaire that was axed by the Conservatives in 2010, the Star has learned.

The move, seen as vital by those who rely on census data, is an important symbolic one, too, for the Liberals, demonstrating a commitment to science-based policy while taking the first steps of undoing the legacy of almost a decade of Conservative rule.

"It will be fairly easy because it doesn't take legislation. All it requires is cabinet saying so," said Ivan Fellegi, who served as Canada's chief statistician for 23 years and retired in 2008.

"It's definitely an excellent step," he told the Star Monday.

Fellegi was among the many voices who raised concerns about the Tory move in 2010

— done with no consultation — to replace the mandatory long-form census with a voluntary household survey for the 2011 census. The eight-question mandatory short form was distributed as well.

Munir Sheikh, the head of Statistics Canada, quit in protest over the decision, warning that a voluntary survey would not work.

That warning was borne out as many experts viewed the data from the National Household Survey with suspicion because it was voluntary.

Indeed, because of the questionable nature of some results, Statistics Canada was unable to publish detailed census data for some smaller communities.

"The move to the voluntary census had a fairly substantial impact, particularly for small towns and cities and neighbourhoods ... that's where the impact was really felt," said Doug Norris, the chief demographer at Environics Analytics.

TORSTAR NEWS SERVICE

“It's definitely an excellent step.”
Ivan Fellegi,
former chief statistician

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SAIT
POLYTECHNIC

Newcomer nurses key to crisis: Study

HEALTH CARE

Canada faces shortfall of 60,000 by year 2022

As baby boomers age, Canada faces a looming health-care crunch that will be exacerbated by a projected shortage of tens of thousands of nurses.

That makes it more important than ever for Canada to help foreign-trained nurses qualify to practice here, according to a Conference Board of Canada study.

Each dollar invested by Ottawa and provincial governments in helping registered nurses acquire Canadian licences generates \$9 in future income tax revenue — a nine-fold return, according to the study — not to mention their contributions to the care of the country's rapidly aging population.

With seniors outnumbering children for the first time ever, according to new Statistics Canada figures, and a projected shortage of 60,000 nurses by 2022, investing in bridging programs makes immense sense, experts say.

"This is a win-win for Canada and the internationally educated nurses (IEN)," said Michael Bloom, the conference board's vice-president in charge of industry and business strategy. "The concept of investing in career bridging programs is good and sound. It yields returns."

According to the study, more than half of immigrants with health professional backgrounds have trouble getting their foreign credentials recognized in Canada, compared to just 40 per cent in other regulated professions.

Joanne Roth, interim executive director of the CARE Centre for Internationally Educated Nurses, said it's in everyone's interest to help newcomer professionals succeed. **TORSTAR NEWS SERVICE**



Ghanaian-trained RN Janet Kwansah came to Canada in 2010 and now works as a public health nurse. **TORSTAR NEWS SERVICE.**

POLITICS

Cartoonists ready for new targets



Mallory Chate
For Metro

Prime minister-designate Justin Trudeau is proving to be a breath of fresh air for some political cartoonists.

With a career based, literally, around drawing attention to world events, it's helpful to have some new characters in the mix once in awhile, said Graeme MacKay, a Hamilton cartoonist whose work appears in the Hamilton Spectator.

After 10 years of practice, MacKay says he can draw outgoing prime minister Stephen Harper "with my eyes closed."

Artists live for the crazy moments that come with the territory of political cartooning, noting Trudeau is less stage managed than Harper was, which could lead to some interesting moments.

Then again, "politics is politics," said Halifax-based cartoonist Michael de Adder. "It doesn't matter who's in power. You sit around waiting for them to make their first mistake."



Graeme MacKay drew this Justin Trudeau piece, which is one of MacKay's favourites. **COURTESY GRAEME MACKAY**

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Cause of plane crash puzzles investigators

EGYPT

Human error and terrorism both on table in probe

Mystery and confusion surrounded the final moments of a Russian jetliner that plummeted suddenly from high altitude to the Egyptian desert, killing all 224 people aboard. The airline Monday ruled out pilot error or a technical fault, but Russian aviation officials dismissed that as premature.

Some aviation experts raised the possibility a bomb on board the Metrojet Airbus A321-200 brought it down.

James Clapper, the U.S. director of national intelligence, said that while there is no direct evidence of any terrorist involvement yet, it couldn't be excluded.

Asked if a terrorist attack could be ruled out, President Vladimir Putin's spokesman, Dmitry

Peskov, said no.

The Metrojet was flying at 31,000 feet over the Sinai when it crashed Saturday only 23 minutes after takeoff.

Metrojet firmly denied that the crash could have been caused by either equipment failure or crew error.

"The only possible explanation could be an external impact on the airplane," Metrojet's deputy director Alexander Smirnov told a news conference in Moscow, adding it would only be possible to draw conclusions about the crash only after experts examined the plane's flight data and cockpit voice recorders and studied the wreckage.

Robert Galan, a French aviation expert, said Metrojet's claim of an "external impact" pointed to two possibilities: a bomb or sabotage.

"Either a bomb was placed during the stopover and programmed to explode after take-off, or a mechanic sabotaged the plane," he said. "These are the two most probable hypotheses."

THE ASSOCIATED PRESS



A portrait of 10-month-old Darina Gromova, a victim of the crash, is surrounded by flowers and candles at an entrance of Pulkovo airport outside St. Petersburg, Russia, Monday. The crash is Russia's deadliest air crash to date.

DMITRY LOVETSKY/THE ASSOCIATED PRESS

MIGRANT CRISIS

Germany to deport some Afghans

Afghanistan will take back all its citizens to be deported from Germany as the European country struggles to accommodate hundreds of thousands of refugees and other migrants who have arrived this year, a Kabul official said.

Afghans make up the second largest nationality, after Syrians, arriving in Europe. An estimated 120,000 Afghans have left the country this year, legally and illegally, according to authorities.

Last week, Germany's interior minister complained of an "unacceptable" influx

of Afghans from safe areas of their country, and warned that many of them would have to return home.

It isn't clear how many Afghans Germany might deport. However, German officials have been keen to stress that only people fleeing war and persecution are entitled to asylum.

The Taliban has fought a particularly vicious warm-weather offensive this year, testing the capabilities of Afghan forces following the international combat troops' departure at the end of last year.

THE ASSOCIATED PRESS

IN BRIEF

Vatican arrests priest, woman in wake of leak

The Vatican said Monday it had arrested a high-ranking priest and another member of a papal reform commission on suspicion of leaking documents — days before the publication of two books promising revelations about the obstacles Pope Francis faces in cleaning up the Holy

See's finances. The developments threatened to become a new "Vatileaks" — the 2012 scandal that began when Italian journalist Gianluigi Nuzzi detailed corruption and mismanagement in the Holy See. The scandal ended with the conviction of Pope Benedict XVI's butler — and Benedict's resignation a year later. THE ASSOCIATED PRESS

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Marking 15 years at Space Station

SCIENCE

Successful experiment in getting along

Humankind marked an off-the-planet pinnacle Monday: the 15th anniversary of continuous residency at the International Space Station.

NASA and its global partners celebrated the milestone, as did the six astronauts on board. The U.S., Russian and Japanese space-men planned a special dinner.

Commander Scott Kelly, seven months into a yearlong mission, said the biggest benefit of the orbiting lab is toward goals for exploring deeper into space.

"It's a test bed for the technologies that we need to develop and understand in order to

have a successful trip to Mars," American astronaut Kjell Lindgren said.

Since the first permanent crew moved in on Nov. 2, 2000, 220 people have come and gone, representing 17 countries.

The United States is in the lead because of all the space shuttle flights that were needed to deliver station pieces; Russia is in second place, and Canada and Japan tied for third.

At least one American and one Russian have been on board at all times.

Japanese astronaut Kimiya Yui said the space station has yielded a unique culture given all the nationalities involved, with crew members respecting each other. If this were practised back on the planet, he noted, "the Earth will be a much better place." THE ASSOCIATED PRESS

1 Oct. 31, 2000: A Soyuz spacecraft lifts off from the Cosmodrome in Kazakhstan with Expedition 1 Cmdr. William M. (Bill) Shepherd of NASA and cosmonauts Sergei Krikalev and Yuri Gidzenko. They arrived at the International Space Station (ISS) on Nov. 2, 2000.

2 Nov. 2, 2000: Shepherd, Gidzenko and Krikalev are the first to live and work on the ISS.

3 Oct. 10, 2007: Peggy A. Whitson becomes the first woman to command the ISS.

PHOTO CREDIT/TEXT: NASA HANDOUT

BRITAIN

Fog a problem for travellers

Flights have been cancelled across Britain as thick fog blankets much of the country for a second straight day.

London's Heathrow Airport says it has cancelled 45 flights Monday morning, representing about 10 per cent of departures.

Flights also were scrapped at London's City and Gatwick airports and at Manchester Airport in the northwest of England.

The fog is also affecting road traffic, and Highways England has urged drivers to slow down or stay home.

Dozens of flights were also cancelled because of fog on Sunday.

Weather forecasting body the Met Office says the fog covering central and southern England was expected to lift later Monday.

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BlackBerry releases first Android smartphone

TECHNOLOGY

Division's survival depends on Priv's success

The future of BlackBerry's smartphone business may very well be sitting in your hands later this week.

The BlackBerry Priv, the company's first Android device, marks what could be a last-ditch attempt by the Waterloo, Ontario-based developer to create a phone popular enough to save its struggling hardware division.

If the Priv doesn't sell, it's almost certain BlackBerry will pull the plug on designing phones after a series of sales flops whittled down its thriving device business into a money-losing operation.

"BlackBerry's handset business rides on the success or failure of the Priv," said technology analyst Carmi Levy.

"If this device doesn't turn



The BlackBerry Priv is displayed in Toronto on Friday. GRAEME ROY/THE CANADIAN PRESS

the sales tide around, expect a quick decision in the new year."

After being pummelled by the likes of Apple and Samsung, BlackBerry is doing what some of its critics say should've happened years ago: appealing to

existing smartphone trends instead of fighting against them.

For first time in its history, BlackBerry will be selling a phone beginning Friday that doesn't run on its own operating system, using Google's Android

system instead.

It's a compromise with the mainstream on almost every level. On the surface, its larger touch screen evokes the design of most smartphones on the market, while a slider keyboard



If this device doesn't turn the sales tide ... expect a quick decision in the new year.

Carmi Levy

caters to more traditional BlackBerry users who still favour one of the company's most beloved features.

In naming the device Priv — short for privacy and privilege — the company hopes to tap into a conversation about how we unknowingly share our personal details with third parties through various phone apps.

The Priv arrives in stores two years after concepts for the device began to take shape.

Over the coming weeks, BlackBerry will unveil a marketing campaign it says forgoes the traditional launch event in favour of spending on advertising throughout the crucial holiday shopping season.

THE CANADIAN PRESS

CREDIT CARDS

Visa to buy sister company

Payment processing giant Visa announced plans Monday to buy its sister company, Visa Europe, in a deal that could be worth more than \$23 billion US and would consolidate all of Visa's operations worldwide.

The deal would make the world's largest payment processing company even larger. The two companies have more than 2.9 billion cards issued on its combined network.

Visa and Visa Europe operated under one banner for years, but had to separate when Visa started its conversion from a co-operative owned by the banks into a publicly traded company. Visa Europe became independent of Visa in 2007 but Visa always continued to have a hand in the fate of Visa Europe through an option to buy Visa Europe under certain conditions. Visa became a publicly traded company in 2008.

Visa Europe operates in a similar structure that Visa used to before it went public. Visa Europe is collectively owned by approximately 3,000 banks. When Visa Europe is purchased, it should provide a notable financial windfall for the European banks who own it.

THE ASSOCIATED PRESS

FOSSIL FUELS

Investors appear to be losing interest in oilsands

An exchange-traded fund that let investors track Canada's oilsands sector was quietly put out of its misery in late August.

Consultant Timothy Nash, who coaches clients on where and how they can make low-carbon investments, said the decision by BlackRock Asset Management Canada to close its nine-year-old fund was telling, suggesting there was likely low market demand for the

product.

BlackRock said the fund's closure was part of a routine re-evaluation of its product lineup.

The iShares Oil Sands Index ETF was in rough shape. A dollar invested when the fund was launched in October 2006 would get back 34 cents on the day it was terminated. During its final year, the fund lost 45 per cent of its value.



Probably the biggest driver is the fossil-fuel divestment campaign.

Timothy Nash

Options for those looking to reduce their exposure to fossil

fuels include renewable energy and water ETFs and an emerging class of investment called community bonds, which in Ontario are commonly used by co-operatives to raise funds for local renewable energy projects.

Toronto-based SolarShare, for example, supports development of solar power by selling \$1,000 bonds that offer a 5 or 6 per cent annual return.

ZooShare, which aims to generate clean electricity from Toronto Zoo animal poop, offers a 7 per cent annual return.

"Since January I've been pretty much at capacity ... Probably the biggest driver is the fossil-fuel divestment campaign," said Nash, explaining that about two-thirds of the clients who come to him now want to completely avoid fossil fuels. TORSTAR NEWS SERVICE

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EMMA TEITEL: ON NOVEMBER

Good things done for wrong or unsavoury reasons — social-media attention, for example — are more far-reaching than good deeds done in private.



American author Kurt Vonnegut was not fond of November, an awkward, meteorologically confusing month he believed we wrongly associated with autumn. “The poetry of four seasons is all wrong for this part of the planet,” he wrote. “Spring doesn’t feel like spring a lot of the time, and November is all wrong for autumn.”

But Vonnegut didn’t believe November was a winter month either. Instead, he thought November belonged to a hybrid season of his own invention, one he labelled “Locking” — when the days get shorter, the nights get colder and life in general seems to close in on itself — making way for legitimate and unforgiving winter around January.

(In a similar fashion, Vonnegut labelled March and April “Unlocking” months, when the world slowly opens up for true spring in May and June.)

Vonnegut’s theory is convincing — especially if you’re a Canadian used to prolonged awfulness outdoors. But it’s also outdated. Vonnegut’s November (he died in 2007) was starkly different from November today: a month no longer perceived as a dull layover between Halloween and Christmas, nor defined by unpleasant weather and ennui, but by something else entirely: raising money to battle men’s cancers by rejoicing in the facial hair growth of friends, family and co-workers.

November is no longer a bleak season of “Locking,”

It’s nice to have something positive to partake in, rather than merely stewing in bleak boredom before winter sets in.

then; it is the official season of Growing Facial Hair and it is a massively popular one.

The campaign responsible for this shift is called Movember. It is active in 21 countries worldwide, encouraging participants (“Mo bros”) to grow moustaches in order to raise awareness about cancers that affect men (prostate cancer, for example).



GROWING SEASON There’s nothing more pretentious than criticizing charity efforts, such as November fundraising for men’s health, for being too ostentatious, argues Emma Teitel. LORATO/ISTOCK

In the last 11 years, according to the campaign’s website, Movember has raised \$677 million for men’s health; last November, it raised \$24 million in Canada alone.

Movember is heavily reliant on social media for both exposure and fundraising (moustache selfies are extremely popular), which means even if you aren’t involved, you will most likely come across a Facebook friend’s proud picture or request for donation.

Despite its success, Movember has attracted a considerable amount of controversy in the last few years. Some of that controversy is plain ludicrous: the belief, for example, that Movember discriminates against men who can’t grow moustaches. (I myself can grow a full beard, which

I would attempt for no cause imaginable). But the more popular criticism of the campaign, one echoed in response to other big charity events such as the ALS Ice Bucket Challenge, is the belief, to quote British poet and historian William Hutton, that a “charity that hastens to proclaim its good deeds ceases to be a charity and is only pride

hard cash. Holley asks of the Ice Bucket Challenge: “How many people dumped a bucket over their heads for a laugh compared to those who actually stumped up some cash?”

The problem with this line of thinking is that it insists a charity be ideologically pure; people shouldn’t just do the right things, they should do the right things only for the right reasons.

But good things done for wrong or unsavoury reasons — social-media attention, for example — are more far-reaching than good deeds done in private, and they are far more likely to inspire others to give. A charity that hastens to proclaim its good deeds, to borrow Hutton’s words, may be prideful and ostentatious — but, more importantly, it’s wildly successful.

November — sorry, Movember — is now upon us, and I think it’s quite nice to have something positive to partake in rather than merely stew in the bleak boredom of “Locking” before winter sets in. And I suspect Vonnegut, a thoroughly un-cynical person, might have felt the same way.

As for the hypocrites who dislike Movember because they oppose so-called “hipster moustaches”: There is nothing in the world more annoyingly hipster-ish than turning your nose up at earnest people trying to make the world a better place. Be original for once, and chip in.

Emma Teitel is a national columnist for the Toronto Star. She has been a front-of-the-book columnist for Maclean’s magazine for the past four years, focusing on a wide range of subjects including women’s issues and popular culture. She won the National Magazine Awards gold award for columns in 2013.

ROSEMARY WESTWOOD

metroview

High housing costs and homelessness are everyone’s problems

So — it really is the foreign buyers.

A new study of detached-home sales in three Vancouver neighbourhoods found two-thirds of all properties sold to Chinese buyers. That figure jumped to 88 per cent of buyers for homes over \$5 million.

It’s more evidence to spur Vancouver — and B.C. — to tackle the foreign-ownership thrust of its ludicrously over-priced housing market.

And that, in turn, is part of a much wider, much more existential housing question facing all levels of government.

NDP MLA David Eby, who provided the raw data to UBC geographer David Ley, called Vancouver’s hyperventilating house prices “a government problem” — namely, how do you create a city average people can afford to live in?

It’s a burning question these days for many in the so-called middle class, who grew up with expectations of someday owning a home, only to age alongside real-estate markets on steroids.

But it’s a question also being asked from the vantage point of the homeless.

In a ruling released late last month, the B.C. Supreme Court found Abbotsford violated the rights of homeless people when it banned them from sleeping in public parks.

All people have the right to shelter from the elements and a safe space to sleep, the court ruled. This has implica-

tions for all municipalities.

DJ Larkin, the lead counsel for Pivot Legal Society representing Abbotsford’s homeless, notes that we’ve been in limbo: stuck between courts wary of wading into politics by telling governments they have a responsibility to house people; and a lack of political will to solve housing cost problems for anyone, poor or middle-class.

That is shifting. Victoria has gone from evicting the homeless from parks, to musing about setting up a tent city, to recently paying homeless people \$20 each for input on temporary housing options. Medicine Hat, Alta., meanwhile, claims to have ended homelessness altogether (a feat Vancouver promised and failed to do by 2015).

Both Ontario and Alberta have also vowed to end homelessness (Alberta by 2017, Ontario with no fixed date).

During the federal election, all three major parties campaigned on policies that would address the furor over housing costs, and the Liberals will now be expected to implement their promised National Housing Strategy.

There’s nothing more basic, more central to our lives, than having a home. It’s not just a necessity or a sense of safety — it’s a sense of dignity, an opportunity for happiness, a physical foundation for a life. And: a new national preoccupation.

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Jojo turns struggles into song material

NEW ALBUM

Singer mines breakups for emotions she needs to write

Emily Laurence
Metro | New York



Many people still think of Jojo as the tween from her *Too Little Too Late* days, but the pop singer is back and getting the attention of both her old fans and new ones.

After a seven-year battle with her former label that would not release her third album, Jojo has a new deal with Atlantic Records, three new songs and a new full album in the works.

"I try not to think of it as being burned but as just part of my journey," she says of the industry drama. "It gave me an edge and ability to be equipped this time around."

Jojo tells us she was going through a breakup when she started working on the new

+ WORKOUT TIPS

Jojo's secrets for washboard abs

Jojo rocks a crop top in the *When Love Hurts* music video and it's easy to see why — she's in sick shape. Here, she shares her tips:

1. Vary your workout.

"I have fun trying out different workouts. I do CrossFit and belong to a gym, where I do cardio intervals."

2. Incorporate weights.

"Holding a weighted bar or weighted plate is good for deepening cuts. I feel strong when my core is strong."

3. Try active resistance training.

"I like working against my natural weight to tone," she says.

METRO NEW YORK

songs. "I was in a state of high emotion when I started recording," she says.

Her music has always been influenced by her love life, which she admits isn't always a good thing. "Sometimes I stay in situations longer for material and for the emotions they bring up," the 24-year-old says.

"As I get older, I realize that's not really good. I need to chill. But the content it creates is sometimes worth the struggle."

In just three weeks the *When Love Hurts* music video

racked up well over a million views and Jojo says she was shocked by all the attention.

"I was wicked surprised! I was scared and wasn't sure what the response was going to be, but it's an incredible feeling knowing when I go (on tour) I'll see so many familiar and new faces."

And while she's excited about the new songs, she doesn't mind taking a trip down memory lane singing her early hits.

"I actually enjoy performing (them) more now," she says.

Jojo says she was in a state of high emotion when she started recording her new songs. CONTRIBUTED



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Kathy Griffin for president

INTERVIEW

Comedian talks Trump, Oscars and death threats

Ned Ehrbar
Metro | Hollywood



Kathy Griffin doesn't have time to pull punches. The wise-cracking comic is currently hurtling through an 80-city U.S. tour and she's keeping her act fresh each night thanks to the likes of Donald Trump and Chris Christie.

You should moderate all of the debates going forward. Yes, I should. I'd like to really get down to when it's just that one tiny table with the

last two candidates.

This time it will just be Trump and Hillary ... because as a comedian I kind of want this to keep going even though as a human and a feminist I don't — but I do have a fantasy that Melania Trump is some sort of trump card, if you will, and she's the new Jackie O and we don't know it, and she's going to be this incredible ambassador and she's been hiding her multiple degrees from MIT and Oxford.

Maybe she's going to be the new Eleanor Roosevelt.

So Trump is the new FDR?

Which is the next obvious conclusion. That is how crazy it's gotten. He's really fooling us all in a way that is entertaining and frightening.

I'm more qualified to be president.

Would you like to formally announce your candidacy?

Well, yes. But I think that my VP should be Donald Trump Jr. And my entire cabinet will be made up of Palins, and then obviously Ann Coulter will be my secretary of defence. We're going to keep America great again (laughs). No, I am hashtag ready for Hillary.

Want to talk Chris Christie?

It's fine for him to stay in the Jersey area, but you can't send New Jersey to another country. Could you imagine him sitting down with Justin Trudeau? He doesn't know who that is!

What about yourself as an Oscar host?

Oh my gosh, I would love it. There is just a mountain of sexism in Hollywood, and I freely say it because I'm 54

and have two Emmys and a Grammy — I'm half way to an EGOT — and I just sold out the Kennedy Center in June, and I'm often just not considered for these things, so I don't know. I think when I was younger people were kind of afraid of me, but I think I've proven myself now.

Do you worry about your act making you enemies?

I'm not saying Demi Lovato is actively trying to kill me, but her fan army, they have taken to the social media and been very specific about ways that they want to put a machine gun up my butt, cut me with razors. That is something that is actually unprecedented in the history of comedy. In the Clinton era you could make fun of Monica Lewinsky and the jizz on the dress, and no one tried to kill you for it.

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WHAT I'M WATCHING THE AFFAIR, SEASON 1, EPISODE 9 (TMN)

We haven't seen this Alison before

Johanna Schneller

For Metro Canada



The shampoo

Alison (Ruth Wilson) and Noah (Dominic West) — who spent the past eight episodes falling in love, even though they're both married to other people — have just had sex in his marital bed in Park Slope, Brooklyn. (His wife Helen and their four kids are away.)

Alison takes a shower. She reaches for a bottle of pricey-looking shampoo, looks on the bottom for a price tag, and gives a low whistle. (Helen grew up wealthy, and has expensive taste. Alison is a small-town waitress.) She pours some shampoo into her hand



Alison reveals a not-so-sweet side of herself in episode 9 of **The Affair**. HANDOUT

to wash her hair. A mischievous look crosses her face. She squeezes half the bottle down the drain.

Now, this is a startling moment, because we haven't

seen this Alison before. Each episode is divided in two — half tells the story from her point of view, the other half tells Noah's. In Alison's version of herself, she's sweet

and simple; in Noah's, she's mysterious and demanding. But the shampoo incident occurs in Alison's half. It's a rare admission of her nasty side, and it made me reassess what I think of her. I've since seen episode 10 (the finale of Season 1), and four episodes of season two, but I went back to look at Shampoo Alison again because it's such a provocative detail. That quality has yet to reappear in her character, but I hope it does, because it threw me for such a loop. I'm still trying to figure it — and therefore her — out.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday

TV BRIEFS

Serial podcast launching Season 2 on Pandora

The top-rated and popular podcast Serial will launch its second season on Pandora after debuting on iTunes last year.

Pandora announced Monday that it has become the exclusive streaming partner for the award-winning podcast as well as This American Life, of which Serial is a spinoff.

The first season, which included 12 episodes, told the story of Adnan Syed, a Baltimore high school student who was found guilty in 2000 of murdering his ex-girlfriend Hae Min Lee. Serial, hosted by veteran radio producer and former Baltimore Sun reporter Sarah Koenig, won a Peabody Award this year. THE ASSOCIATED PRESS

New subscribers-only Star Trek series to debut

Star Trek is going boldly where it hasn't gone before with a brand-new edition of the sci-fi TV empire.

CBS Television Studios said Monday the "totally new" series will arrive in January 2017. But it will be available exclusively on CBS All Access, CBS' subscription streaming video service.

Only a preview episode will be aired, free of charge, on the broadcast network. CBS All Access already offers every episode of all previous Star Trek television series, along with series from CBS' current and past broadcast schedule. The new Star Trek will be the first original series developed specifically for U.S. audiences for the service. THE ASSOCIATED PRESS


Rose Reisman EAT THIS

You know you're going to eat fast, so next time choose this not that

THIS WEEK: Starbucks White Chocolate Mocha

With November upon us, we're lined up out the door to indulge in our favourite hot beverages. Starbucks comes to mind with all their tasty drinks, ranging from Pumpkin Spice Lattes, Peppermint Mochas, and the return of the red cups just in time for Christmas. But the classic Hot Chocolate is still one of the most popular to indulge in — sweet and creamy comfort in a cup. A twist on the traditional hot cocoa, a warm White Chocolate Mocha is even more of an indulgence. Decadent for sure — and beware, this sweet treat is not so innocent!

✓ PICK THIS
✗ SKIP THIS
= HERE'S WHY

Grande Hot Chocolate
Ingredients

2 per cent milk, no whip

Calories 290

Fat 9g

Saturated fats 5g

Sugar 41g

Grande White Chocolate Mocha
Ingredients

2 per cent milk, whipped cream

Calories 470

Fat 18g

Saturated fats 12g

Sugar 60g

As much sugar as 12 French Cruellers from Country Style

The regular Hot Chocolate uses a syrup rather than chocolate, and opting to skip the whipped cream makes a difference as well. The White Chocolate Mocha is higher in calories, fat and sugar due to the addition of white chocolate, as well as the whipped topping. You've just ended up with **one quarter of your daily calories** and one and a half days' worth of sugar.

Enterovirus panic subsides — for now

STUDY
Doctors expect fewer cases this year after 2014 outbreak

What a difference a year makes.

In late summer and fall of 2014, doctors were reporting clusters of children across the U.S. and Canada being hospitalized with severe respiratory distress due to enterovirus D68, a bug that hadn't caused an outbreak in North America for years.

This year, it appears EV-D68 has disappeared from the mix of cold viruses giving people runny noses and congested lungs — but how long it will stay quiescent is anybody's guess.

"I think we're not going to see it this year," said Dr. Danuta Skowronski, an infectious disease specialist at the B.C. Centre for Disease Control, who is involved in the tracking of pathogens like EV-D68.

"We found no enterovirus D68 detections between Aug. 1 and the end of September this year," she said, referring to testing of patients with respiratory illnesses. Last year at this time, B.C. had already recorded 18 patients with EV-D68, 13 of whom needed to be hospitalized.

"I don't say it's been eliminated, but I don't think it's going to circulate at the kind of widespread epidemic levels" seen last year, Skowronski predicted.

And widespread it was — even more so than initially thought, suggests a study led by Skowronski and published online last week in the journal *EuroSurveillance*.

While most studies of the 2014 outbreak looked at only cases requiring hospital admission to determine incidence and prevalence rates, the B.C. study included both hospital-



Children infected with enterovirus were hospitalized 15 to 20 times more often than adults. ISTOCK

I don't say it's been eliminated, but I don't think it's going to circulate at the kind of widespread epidemic levels (seen last year) Dr. Danuta Skowronski

and community-based patients to get a more accurate picture of EV-D68's effect on the population, using surveillance data from B.C., Alberta and Quebec.

Overall, researchers found an eight-fold increase in detections of the virus from October to December 2014, compared to the same period a year earlier.

They also found that an equal proportion of children and young adults who saw a community-based doctor for a respiratory illness tested positive for EV-D68, suggesting that a wide range of age groups was

susceptible to the virus — not just children.

However, children infected with the virus were admitted to hospital at a rate 15 to 20 times higher than adults, Skowronski said. As well, kids under age 10 had a four- to five-fold higher rate of hospitalization related to EV-D68 than did those age 10 to 19.

Skowronski said ongoing surveillance in both community and hospital settings is needed so researchers can learn more about EV-D68's incidence.

THE CANADIAN PRESS

HEALTH BRIEFS
Count bites, not calories

New research suggests that counting bites, not calories, could help with weight loss.

For the study, researchers from Brigham Young University in Utah asked a group of 61 participants to count the number of times they lifted food or drink to their mouths.

They were then asked to commit to taking 20 to 30 per cent fewer bites over the next week. The 41 participants who successfully completed the task lost an average of 1.6 kg at the end of the experiment. AFP



Low carb diet, not low fat, best for weight loss

Low-fat diets do not yield

greater weight loss than other slimming regimes, said a study Friday.

A review of 53 scientific studies found "no good evidence for recommending low-fat diets," said lead author Deirdre Tobias of the Brigham and Women's Hospital in Massachusetts.

In fact, low-carbohydrate diets led to greater weight loss than low-fat ones, according to study results.

AFP

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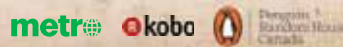
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CONTINUING EDUCATION

First-day jitters a few decades later

A drive to learn doesn't fade with age, and neither do those back-to-school jitters. Not even for adults who have been through it all before.

Heather Waugh-Gordon, 35, found herself experiencing some of those familiar pangs of anxiety when she sat down last year for her first lecture at Seneca College, 12 years since she first graduated from college in her native Jamaica with a tourism and hospitality degree.

Surrounded in the Markham campus auditorium by baby-faced peers, Waugh-Gordon felt self-conscious about her age.

"Funnily enough, I didn't think much about it until that first day of classes," she recalls.

When another student remarked to her that they appeared to be among the "older" students in class, she asked how old her classmate was.

"She said, 'I'm like the only 24-year-old

here,' and I thought, 'Oh geez, I'm a little bit older than you are.' She has no idea."

Ontario colleges and universities saw an uptick in enrolment numbers for mature students following the 2008 global recession. In 2009, Seneca saw an 88 per cent increase in students over 41. Mature students now account for about 60 per cent of the student body.

Waugh-Gordon had been working in the hospitality industry in Jamaica since she was 21, but opted to study in Canada so she could gain experience in managing and organizing larger-scale events and meetings.

To overcome her uneasiness during the first few months as a tourism and travel student at Seneca, she started volunteering and becoming part of the campus community through tutoring and part-time work at the school's



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recruitment centre. She also served as a student ambassador for helping newcomers through orientation.


"Everyone's nervous, even the younger kids who are leaving high school. It just comes with the territory [of post-secondary education]," Waugh-Gordon says. "But I would say it's important to get as much as you can out of this experience. It shouldn't just be 9-5, and then you go home."

That's sound advice, agrees Lily Tsonis, who facilitates mature student info sessions for

Seneca newcomers.

"There's that fear of isolation by younger peers, of not fitting in," Tsonis said. "Get to know your class, get involved in the college community and it's a much more seamless transition."

Shy or timid newcomers can participate in communication workshops. Anyone who feels their academic skills are rusty or that their tech know-how isn't quite up to snuff can also seek out the learning centre for extra help, or get in touch with the counselling centre.



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Online certificate: learn anywhere, anytime

Living in a small town. Working full-time. Raising a family. For some people, these can be obstacles that get in the way of furthering their education.

But, Albertans like Kaitrin McDonnell of Strathmore, Pete Barker of Calgary, and Julie Smith-Allen of Crowsnest Pass, found a way to get around these problems — online learning with University of Calgary Continuing Education.

Trying something new

Smith-Allen always had a love for writing, so when she discovered an online creative writing certificate, she was intrigued. Having never taken university courses before, she was eager to give it a try and see if she could fit it around her full-time job and busy family life.

"I started taking courses and absolutely loved it. I was getting in-depth instruction from fantastic instructors," she says.

"The creative writing certificate has added another layer to my life and has given me a whole other world to explore from the comfort of my living room."

Mixing school with shift work

When Barker realized that for the first time in

a long time he had spare time on his hands, he decided to enroll in courses through Continuing Education. "My kids are grown, my wife works in the day, and I work shifts. I had time on my hands and wanted to fill it with something beneficial," says Barker, a sergeant with the Calgary Police Service, and a graduate of both the professional management and security management programs. "I work shift work, so I like the online format. I can work on my classes in the day, and can walk my dog or take breaks whenever I want."

Mixing small-town life with continuing education

McDonnell loves raising her young son in a small town, and enjoys working as a counselor in the local high school. But she needed a career boost.

"Having a degree helped me get my foot in the door and get hired for my position. But, in the role I'm in, I need specific certifications to get ahead," she says. "So I enrolled in the career and academic advising certificate, and very quickly I saw it making a difference." To learn more about the many certificate programs offered online through UCalgary Continuing Education, go to conted.ucalgary.ca/learn.



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Second career at Academy of Learning

Ines Izere came to Canada from Central Africa to get away from the many problems happen in her some country but did not want to give up her work as caring for the elderly. This is why she chose to pursue a career as a health care aide and chose Academy of Learning Career College to get her there.

“All of my friends are successful graduates and they all have great careers because of the training they received from the Academy of Learning,” says Izere.

Izere says she is lucky to have been accepted into Academy of Learning and would recommend the program to anyone interested in this field.

“My instructor was very good and knowledgeable and the training she provided has helped me to succeed,” says Izere.

Although Izere has only been in Edmonton for about a year, she is thrilled to be able to train to be a HCA in just 22-weeks through Academy of Learning.

“I am completing my practicum at the moment and then the future has plenty of opportunities for me,” says Izere.

Once she completes the program, she is excited to get out into the health care field and has a long term goal of working with clients with dementia.

“Thanks to the Academy of Learning for changing my life,” says Izere.

For more information, visit academyoflearning.ab.ca.



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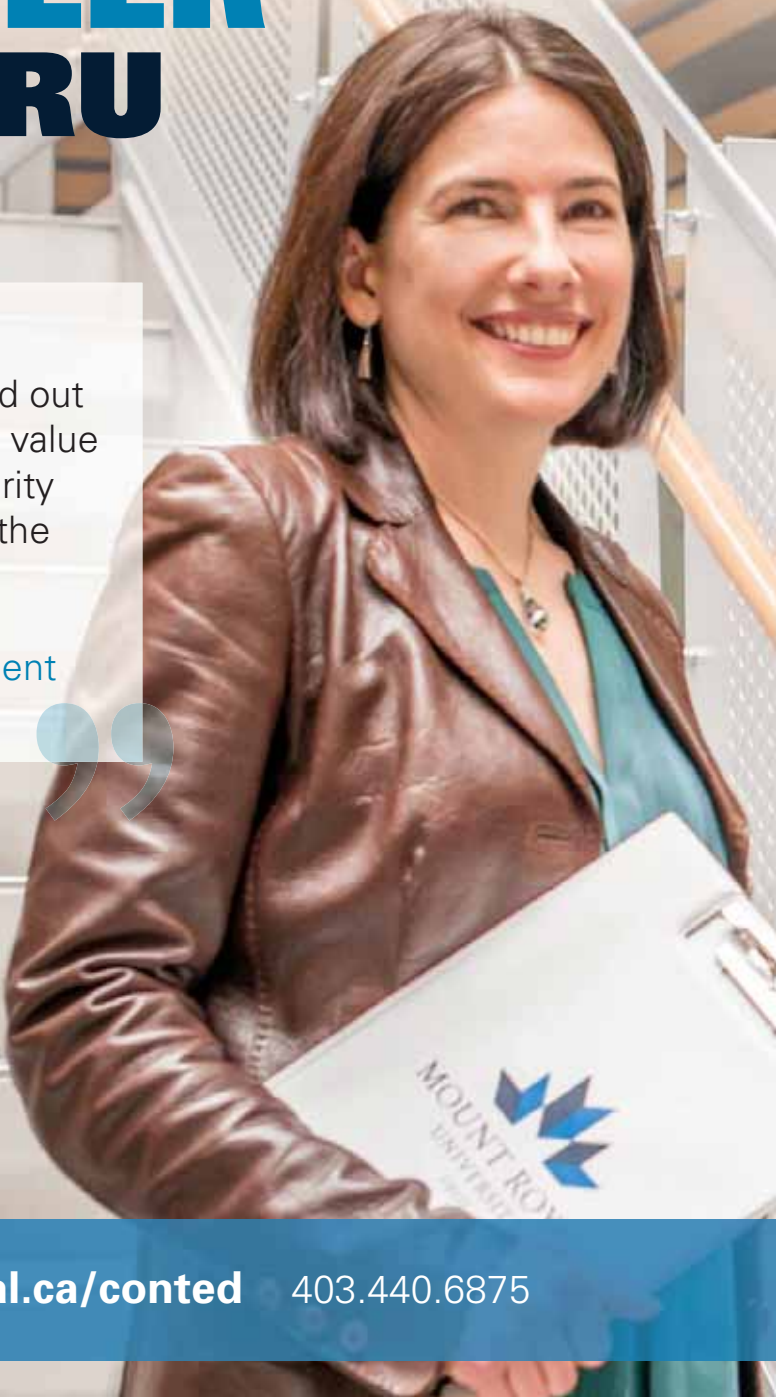
It was good to find out that other leaders value leading with integrity and leading from the heart like I do.
Melanie,
Project Management

”

Photo by Sandra Loeppky



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Join the MBA Tour

Whether you want to switch careers, enhance your current career or are interested in starting a company, a master of business administration (MBA) can be essential to your success.

Deciding to continue your education can be a complex process but, says the marketing manager for the MBA Tour Inc., which hosts the MBA Tour, the event helps to make it easier.

"This event is great for professionals at any stage of their MBA research," says Sarah Swan of the MBA Tour, which rolls into the Telus Convention Centre on Nov. 5 from 4:30 to 9:30 p.m. "The goal is for attendees to leave with a very clear sense of their next steps."

With free admission and online registration open until two hours prior to the start of the event before switching to onsite registration, the MBA Tour will feature panel sessions, school presentations, resume reviews by professionals, one-on-one time with admissions directors through MeetUp,



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which allows admissions directors to invite registered candidates to meet with them for 20 minutes during the event, and more.

"There will be a wide range of top Canadian business schools represented, in addition to schools from the U.S., Europe, and other regions of the world," says Swan. "Because business schools come to the MBA Tour to promote their graduate business degrees, this can encompass full- and part-time MBA, online MBA, EMBA programs and more."

To register, visit thembatour.com.

DESIRE TO HELP OTHERS?

The duties of a health care aide are many and extremely vital to the health care system.

The health care aide program offered through ABM College has been designed for caring individuals with the desire to help others, looking to enter into the field of health care.

"The health care aide program at ABM College provides students with an extraordinary academic learning experience combined with a one month practical work-experience opportunity," Farooq Ahmad, manger of Student Affairs, ABM College.

The health care aide program is a 22-week program where students learn the basics of human anatomy, medical terminology, chronic conditions, and palliative care.

Graduates of this program may go on to pursue careers as health care aides, client care attendants, home support workers, residential workers, and caregivers.

ABM College will also assist students in job search process through their career counseling services that assist with resume building and interview skills.

"Students have been successful in



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finding employment within the field, if they put in the time and effort to apply to jobs and have their cover letters/resumes updated," says Ahmad.

The next intake for the health care aide program is November 23, so now is the time to consider starting your training towards a rewarding career.

For more information about the health care aide program or ABM College, visit abmcollege.com.



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The skills to understand youth issues and culture

Since youth culture is constantly and rapidly changing, the contemporary youth issues course being offered through Ambrose University is specifically designed to give students the foundational skills to be continual learners of youth culture.

"The course provides students the necessary skills to understand and evaluate youth issues and culture with the specific skill set of creating or altering ministry methodologies and practices in response to the constantly changing youth cultural landscape," says Dr. Bryce Ashlin-Mayo, lead pastor at Westlife Church.

The course is designed for anyone working directly or indirectly with youth who desire to effectively understand and engage youth culture in a meaningful way.

The course utilizes various expert professionals from a variety of fields (psychology, sociology, new media, community policing, etc.) who work with youth to present to the class through the week.

"The course not only helps to provide a basic understanding of youth issues and culture but it will build the critical thinking skills necessary to understand, create and/or adjust ministry methodologies and practices to respond effectively to them," says Ashlin-Mayo.

The course goes from Tuesday, Feb. 16th, through Saturday, Feb. 20th, from 9 a.m. until 4 p.m. each day.

Thursday Feb. 18 will feature special



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guest Dr. James Penner who will be discussing his research on "Prolonged Adolescence and Disenfranchisement" and "Hemorrhaging Faith."

This event may be purchased separately from the entire for the entire course, for those interested professionals to come in just for this day.

For more information, visit ambrose.edu.



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Virtual campus the solution for many students

Robertson Online is the natural extension of the quality educational experience students have come to trust from the bricks and mortar campuses for over a century.

"By integrating technology and course offerings we provide a viable solution for students looking to continue to work and manage family commitments during your studies," says Keith McConnell, director, Robertson College Online.

"We commit to the providing supports to make this virtual classroom a great experience."

As a virtual campus, you can study from anywhere in Canada that you can connect to the Internet.

While almost anyone can benefit from online learning, it is a game changer for members of the military and their families.

For members of the military and their families, this allows unlimited accessibility and if they are posted to a new location during the course they can continue to complete their certificate or diploma uninterrupted.

"It is important for Robertson College to offer these scholarships as we have had spouses of military work for us and study with us and we know how hard the military life can be on families," says McConnell.

"It is difficult to study while often on the move and even tougher to find a good job once settled in their new location."

Robertson Online programs help them get qualified quickly so they can find a good job wherever they get posted next.

To assist members of the military further, the Canadian Forces Appreciation scholarships enables Robertson College to recognize the contributions and sacrifices of military personnel by offering them a significant discount on their tuition fees.

"Most importantly it is just a small effort we can make to recognize the enormous sacrifice these families make for all Canadians," says McConnell.

Robertson Online is also ideal for students looking for more control over their schedules.

Online students are also privy to the same student services that are available to students who attend classes on campus, such as career services.

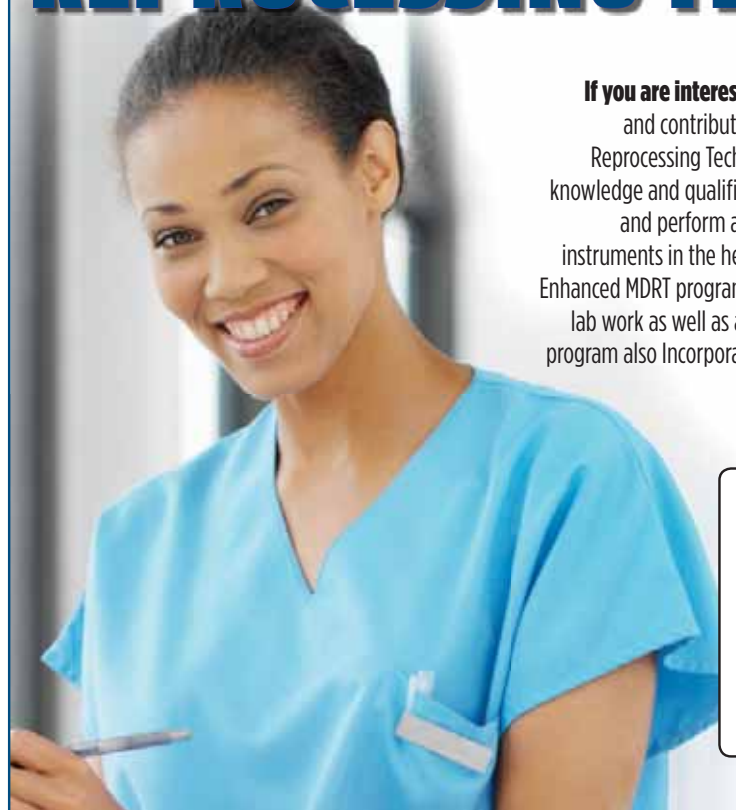
Military members may check out CFappreciation.ca for information.

For more information about Robertson College Online or the Canadian Forces Appreciation Scholarships, visit robertsoncollege.com.

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ABES preparing students for employment

Due to the strategy of developing programs with the cooperation and input of relevant partners, such as Alberta Health Services (AHS), the health care industry knows that ABES' (Alberta Business and Educational Services) programs best prepare students for employment.

One area of need is the shortage of unit clerks and medical office assistants in Calgary. With that in mind, ABES offers a dual certificate program, which allows students to be certified as both a unit clerk and a medical office assistant in just 26 weeks.

For graduates like Kayla Young, this program fit perfectly into her career goals and the dual certificate opened more doors for her.

"I completed the ABES unit clerk/medical office assistant program last year and it was the best decision I made," says Young.

The unit clerk/medical office assistant course is designed to give students the theoretical knowledge and real-world practical skills needed to assist patients and personnel at any type of medical establishment.

This program is taught by experienced instructors with extensive knowledge of the field.

"ABES staff and teachers are helpful and really put in the extra effort to make sure students are successful," says Young.

"They care about their students and they make learning fun."

Since ABES offers and arranges two separate practicums with Alberta Health Services in this program, Young was offered a job before she even completed her practicums.

"Since this time I have gain permanent employment and I couldn't be happier," says Young.

"Thank you ABES for all help and support in allowing me to have a rewarding career."

Because of the partnership with AHS, they provide ABES with many resources, including a training environment for Sunrise Clinical Management (SCM), a software program used by all patient care units in Calgary hospitals.

Students of this program receive extensive training on data input and computer skills.

When students exit the program, they will have the education and hands-on experience they need to work in any medical location, such as admitting clerk, health records clerk, chart management clerk, and hospital unit clerk — with graduates of this program boasting over a 95 per cent employment rate.

For more information about this program, or ABES, visit abes.ca.



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Certificate for Emerging Leaders.
Jennifer Campbell, Graduate.

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The tough task of entrepreneurship

When it comes to starting your own business, the saying 'you get back what you put in' truly applies.

While the idea of being your own boss, making your own hours and reaping all of the rewards may sound like the perfect situation, owning your own business is a lot of work.

The entrepreneurship certificate of completion offered through Mount Royal University Continuing Education can help alleviate some of the common mishaps and downfalls to business ownership.

"Success as an entrepreneur takes the right timing, the right skills, the right market and huge passion for the business idea," says Judy McMillan-Evans, instructor.

"This program is life changing for most students. Many new entrepreneurs start out not knowing what they don't know - they are blind to the realities and the complexities of business ownership and do

not have the foundational knowledge to be successful."

This program is focused on providing both existing and new entrepreneurs with the business understanding they need to be winning entrepreneurs while providing the student with the tools and strategies to develop their business plan.

The program is made up of six courses (that can be taken individually) that will teach students what it means to be an entrepreneur, how to market their idea/business, how to choose their team and manage risk, business operations and human resources, financial management, and how to complete a business plan.

"With the energy sector downturn, this might be the best time to consider a business dream that has been brewing for sometime - there is opportunity galore," says McMillan-Evans.

For more information, visit conted.mtroyal.ca/smallbusiness.

Help people achieve their wellness goals

The desire to empower people and prioritize their well-being is the reason Joyce Sunada decided to pursue a career as a wellness coach.

"I want to provide them with hope, awareness and strategies to be healthy and stay healthy," says Sunada, professional speaker and wellness coach.

To help her along her journey, she enrolled in the integrative health coach program offered through Mount Royal University Continuing Education.

"I wanted to become a coach who supported people to live a life they really enjoy — I wanted to be able to support the 'whole' person," says Sunada.

"I found the integrative health coaching program and it does just that."

First and foremost, Sunada says she learned the competencies and skills of an effective coach, as well as learning that each individual is creative, whole and resourceful.

"Including me — what this means is we all have what it takes to achieve what we want in life," says Sunada.

"The role of the integrative health coach is to provide the process and support for clients to explore and achieve their desired goals."

As a result of taking the integrative health coaching course, Sunada hired a




SHUTTERSTOCK

coach and worked through the coaching process and who eventually supported her through the creation of her current business.

"I was able to leave my full time position (as a teacher) and now I speak and coach full time — this course was a total game changer for me," says Sunada.

For more information about this program, visit conted.mtroyal.ca/healthcoach.

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FAITH INSPIRED LEARNING

Learn to help companies increase productivity

A culture of operational excellence is one where people are encouraged by leadership to use process and problem-solving to attain better than average results.

The progression involves keeping employees positive and empowered, and continually improving the process in the workplace.

SAIT Polytechnic has launched the operational excellence certificate of achievement to help companies increase their productivity and performance.

“Especially in these tough economic times, companies need to reinvent themselves and make sustainable changes, beyond simply cost-cutting,” says Brian Thompson, academic chair, professional and leadership Programs, School of Business

“Operational excellence can no longer be restricted to the team or department level; it has to be a company-wide approach to streamlining operations.”

This program is designed for professionals at all levels in organizations that want to build literacy in operational excellence and apply these principles broadly across the company.

INFO NIGHT

To learn more about all the program and course offerings available through Continuing Education at SAIT Polytechnic, attend the Continuing Education info night on Nov. 26. The event will be held at the Stan Grad Centre at SAIT and will run from 3:30 p.m. until 6:30 p.m.

It’s valuable for those in managerial or administrative roles to become champions and practitioners of operational excellence.

“Our certificate offers a toolkit for organizations and professionals to implement operational excellence and improve competitiveness,” says Thompson.

“Each course in the program is one piece of the puzzle in terms of what steps to take, how to measure and evaluate, and how to shift mindsets and culture.”

The professional learners in this program will get an overview of the main disciplines



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of operational excellence including business process improvement, understanding change, operations, continuous improvement, business analytics, project management and supply chain management.

The program culminates in a practical field study project, where professionals get to apply what they learned on an actual project in their own workplace.

Courses run throughout the year, offering convenience and flexibility. Each course is two or three days long, and some are also offered online. The program can also be delivered on-site in corporate offices, at the organization’s request.

For more information about the operational excellence certificate of achievement, visit sait.ca

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A photograph showing a group of people in business attire sitting around a conference table, engaged in discussion. A sign on the table reads "Flexible MBA Options".

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www.academyoflearning.ab.ca

A photograph of a young woman with dark hair, smiling and wearing blue medical scrubs with a stethoscope around her neck.

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A circular seal with a gold border, containing the text "CONSUMER CHOICE AWARD 2015 SOUTHERN ALBERTA".



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“In an economic downturn learners are focused on career advancement, mid-career changes, and upgrading and learning new skills,” says Natascha Doiron, Continuing Education coordinator.

“Anyone can quickly and cost-effectively complete professional certificates at BVC that are focused on helping them develop relevant, in-demand skills that employers are looking for.”

BVC is the largest comprehensive community college in Alberta and the continuing education program at BVC has courses to fit everyone’s busy schedules.

With over 15,000 learners and 350,000 alumni, BVC’s flexible, year-round, learning options, taught by industry leading professionals, have made BVC an attractive option for adult learners.

“At BVC, we stay focused on what supports the specific requirements of industries, communities, educators, and workplaces,” says Doiron.

“By doing this, anyone can get certified in an array of career skills and courses that are based on the current needs of the industry.”

Instructors also guide students with practical and relevant problem-solving exercises, so that learners can attain the essential skills they need to be successful.

For those individuals looking to gain or update skills in the field of business, BVC’s business certificates include courses in computer applications, bookkeeping, accounting, human resources, administration, and more.

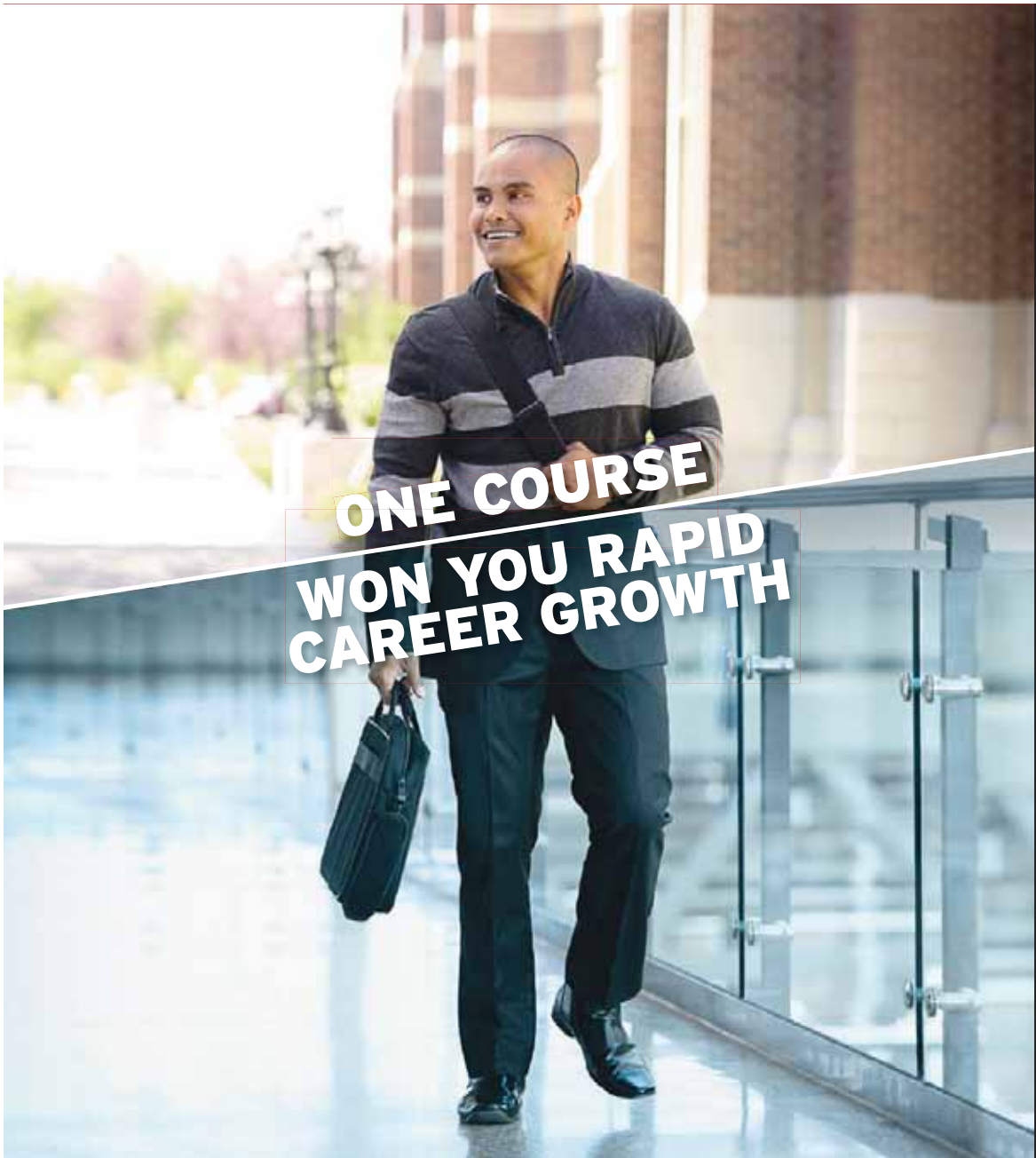
Sector-specific certificates are also very popular with courses in maintenance management, petroleum industry management, supply chain management, project management, home inspection, and others.

And BVC’s computer applications certificates are beneficial to everyone. The Level 1 certificate will develop your expertise in Microsoft Word and Excel.

Level II will further your skills in Word and Excel while also mastering PowerPoint and Access.

“As the world of business runs on computer applications, the more you know, the more vital you will be to an organization,” says Doiron.

Continuing education classes at BVC are offered during the evenings and weekends, and upgrading and bridging course are also available. For more information, visit bowvalleycollege.ca/coned.



Get the career you want with flexible Continuing Education options.

Have a specific goal in mind? SAIT’s Continuing Education programs and courses can lead you to success with specialized training taught by industry-experienced professionals. And the best news is, with many convenient learning options to choose from, you can achieve your goals – one course at a time.

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More viewers tuned into Sunday Night Football (average of 23 million) than Game 5 of the World Series (17.2 million)

Shapiro faces music of AA's exit

BLUE JAYS

New president says Gibbons will return to manage team

Mark Shapiro stepped into the media firing line on his first day on the job as president and chief executive officer of the Toronto Blue Jays.

Peppered with repeated questions about the departure of Alex Anthopoulos, the longtime baseball executive didn't shine any light on why the former general manager decided to move on.

"Not the transition that I originally expected," Shapiro said. "Not the opening press conference that I had envisioned."

It was a somewhat awkward 45-minute introductory session Monday at Rogers Centre, but the polished and engaging Shapiro was up to the task. He took care of a few business items at the start, announcing that assistant GM Tony LaCava would replace Anthopoulos on an interim basis and confirming that manager John Gibbons will return next year.

Shapiro called it an "incredibly exciting time" to be joining the Blue Jays and he expressed a desire to honour the passion that the now-retired Paul Beeston provided as team president. But the main talking point was Anthopoulos's surprise decision to turn down a new contract after building a team that came two wins away from reaching the World Series.

"A lot has been written the



Mark Shapiro had worked for the Cleveland Indians since 1992 and spent the last five seasons as their team president.

BERNARD WEIL/TORSTAR NEWS SERVICE

past week obviously, most of it speculation, second-hand, a lot of it untrue," Shapiro said. "All that Alex communicated was honest and forthright."

Anthopoulos turned down a five-year extension last week amid reports of a difference in vision with the new president. The 38-year-old Montreal native would only say he didn't feel like it would be the right fit, adding

"We made every effort afterwards to try to do everything we could to convince Alex to come back."

Mark Shapiro

it was his choice to leave.

Shapiro said he was disappointed and surprised that Anthopoulos turned down the team's offer.

"It was my sincere hope that I

would have the chance to learn from him, to partner with him and to work with him," he said. "Yet he's obviously earned the right to make the decision he made and I respect that decision."

"With that respect and the finality of that decision, it's time to move forward."

Anthopoulos was a popular figure in Toronto, particularly after he acquired stars Troy Tulowitzki and David Price at the trade deadline. The deals helped the Jays reach the playoffs for the first time in 22 years. His decision to leave the team at the height of its resurgence was deeply un-

+ WHO ARE YOU?

Tony LaCava, interim GM

Age: 54

Hometown: Pittsburgh

Playing career: Signed with the Pittsburgh Pirates as an undrafted free agent, but never made it out of the low minors.

Executive career:

Hired as

a scout

by the California Angels

in 1989, where he worked

for 10 years before joining

the Atlanta Braves as the

national scouting super-

visor; joined the Montreal

Expos that same year and

ran the farm system; hired

by the Cleveland Indians in

2002 as the national cross-

checker; joined the Jays in

October 2002 as assistant

to the general manager,

promoted to assistant gen-

eral manager in 2007.

TORSTAR NEWS SERVICE



Tony LaCava

GETTY IMAGES

popular with Blue Jay fans.

Shapiro needs to be brought up to speed on the many facets of the Blue Jays' organization, but did say he expects there will be plenty of resources to field a championship-calibre team next season. He is also open to contract lengths of over five years depending on the situation.

THE CANADIAN PRESS

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WORLD SERIES

Kings of comebacks crowned champions

The jersey that Eric Hosmer wore in the decisive game of the World Series is headed to the Hall of Fame. So is the glove Salvador Perez used, the spikes Lorenzo Cain laced up and the bat that third baseman Mike Moustakas took to the plate.

Maybe they ought to ask for the goal posts from the University of Kansas.

Those were torn down inside Memorial Stadium in the wee hours Monday morning, shortly after the Royals beat the

New York Mets to win their first championship in three decades. Thousands of fans shot off fireworks, stormed sporting goods retailers to buy the latest apparel, and spent the night partying as if it was New Year's Eve in downtown Kansas City.

"Our fan base and our team share a real special bond," Hosmer said. "That's grown throughout the whole entire world, I think, as the fans have watched us compete throughout this post-season."

7
All told, K.C. trailed by at least two runs in seven of its 11 playoff wins.

The Royals won 95 games during the regular season and earned home-field advantage throughout the playoffs. But they never seemed to be the favourites in any of their post-

season series.

They trailed in all five games against the Mets, winning three times when they were down in the eighth inning or later — something no team had ever accomplished. In the decider, the Royals became the first team since the 1939 Yankees to trail by two runs in the ninth inning or later of a potential clinching game and somehow rally to victory. They walked off with a 7-2 win after 12 innings.

THE ASSOCIATED PRESS



World Series MVP Salvador Perez of the K.C. Royals douses manager Ned Yost after winning the series. AL BELLO/GETTY IMAGES

Stars fall as Lupul helps Leafs shine

NHL

Forward's pair, Reimer's grit earns first home win for Toronto

MONDAY in Toronto

4

LEAFS

1

STARS

When a lead evaporated in 58 seconds and a goal was taken off the board on a coach's challenge, it looked like it just wasn't the Toronto Maple Leafs' night. Again. Then Joffrey Lupul scored twice, James Reimer found his groove as the Leafs picked up their first home victory of the season by beating the Dallas Stars 4-1 on Monday night at Air Canada Centre.

Lupul scoring goals 198 and 199 of his NHL career helped overcome a soft goal Reimer allowed early and what looked like a snowball effect of bad breaks. But this was an overall effort better than the ones coach Mike Babcock's team had shown in recent weeks.

Despite being outshot 44-26 by the Stars (9-3-0), the Leafs carried the play at times and took advantage of chances. The push-back that was non-existent in a

blowout loss to the Pittsburgh Penguins on Saturday was there.

On top of that, Reimer, starting in place of banged-up Jonathan Bernier, atoned for giving up a bad goal by making 43 saves to snap the Stars' winning streak at three. Against a Dallas team on a roll starting its four-game road trip, Toronto (2-7-2) kept leading scorers Jamie Benn and Tyler Seguin from inflicting too much damage. Seguin fed Benn for his league-leading 10th goal in the first, but the duo was quiet after that.

Brad Boyes beat Antti Niemi in the first period to pick up his first with the Leafs. Lupul scored 21 seconds into the second period to restore the lead for real, and he added a power-play goal not long after for some insurance. Morgan Rielly added another with 12.6 seconds left to put a capper on the Leafs' first win since Oct. 16. THE CANADIAN PRESS

+ ROOKIE/STARS OF THE MONTH

Connor McDavid is the NHL's rookie of the month with five goals and seven assists in his first 12 games for the Edmonton Oilers.

McDavid stood out in a strong class of rookies, which includes Max Domi of the Arizona Coyotes (11 points in 11 games), Artem Panarin of the Chicago Blackhawks (10 points in 11 games) Dallas Stars captain Jamie Benn, who leads the league

in scoring with 17 points, was named the first star of the month.

Montreal Canadiens goaltender Carey Price, who went 7-2-0 with a 2.01 goals-against average, .936 save percentage and two shutouts before suffering a lower-body injury, was the second star.

Boston Bruins centre David Krejci earned third-star honours with 15 points in 10 games. THE CANADIAN PRESS



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RECIPE One-Pot Sweet Potato and Arugula Pasta



PHOTO: MAMA VISIONE

Ceri Marsh & Laura Keogh
For Metro Canada

- 1 Tbsp salt
- 6 cups water
- 1/2 cup grated Asiago or Parmesan cheese
- Salt and pepper to taste

Directions

1. Combine penne, arugula, sweet potato, garlic, shallot, rosemary, 2 Tbsp oil, salt and water in a stock pot. Bring to boil over high heat. Cook, stirring pasta frequently, until pasta is cooked al dente and water is nearly evaporated, about 10 minutes.
2. Remove pot from heat and take out the rosemary stem. Stir in the last tablespoon of oil, cheese and season with salt and pepper to taste. Serve with another sprinkle of cheese.

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Ready in

Prep time: 15 minutes

Serves 4

Ingredients

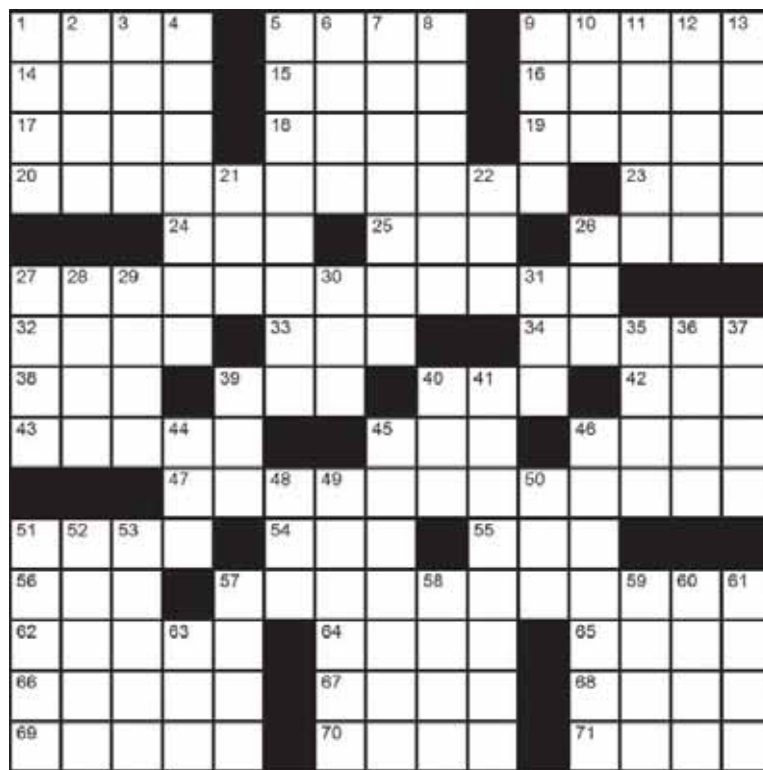
- 500 grams penne pasta
- 8 cups baby arugula
- 1 sweet potato, diced into small cubes
- 4 garlic cloves, thinly sliced
- 1 shallot, cut into thinly sliced
- 1 sprig of rosemary
- 3 Tbsps of olive oil, plus 1 for garnish

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Serving of mushy food
5. Legis. meeting
9. Moon-related
14. Bear of cartoons
15. __ Wyck (1941 book by Victoria artist Emily Carr)
16. Purpose
17. Daybreak, in verse
18. Twelvemonth
19. Ancient water nymph
20. Modern way to potentially meet a mate: 2 wds.
23. Lucky number, ancient Rome style
24. "___ don't." (Retort to "Yes, you do.")
25. Figure skater Ms. Babilonia
26. __ off (Repel)
27. Thrift store with locations in Canada: 2 wds.
32. "What's __ for me?": 2 wds.
33. Earlier than now
34. Empire of Mexico
38. Goose, in Gaspé
39. McSteamy and McDreamy, e.g.
40. Mata Hari, for one
42. Mr. Holbrook
43. "Party Rock Anthem" duo
45. Me: French
46. Unadorned
47. Recently released Drake single: 2 wds.
51. Shrub
54. Come in first
55. Dove's murmur



56. And so forth, for short
57. Canadian director of Adele's "Hello" music video: 2 wds.
62. Broadcaster
64. Nylons hue
65. Currency in Chile
66. Going-under-

- water gear
67. Droops
68. At all?
69. Certain cat
70. Hot to __
71. "Oh, give me a home where the Buffalo ___"

DOWN

1. Rep-doing facilities
2. Ribbon's bow part
3. Monster
4. Pesto's one-of-some ingredient: 2 wds.
5. Parachutist
6. Zeno of __ (Ancient

- Greek philosopher)
7. City in a Tom Hanks/Meg Ryan romantic comedy
8. Soap Opera, for one
9. Breather's need
10. Steve Miller Band song: "Living in the ___"
11. Gullible
12. "Encore!"
13. Made over
21. Deer's mom
22. Ms. Peeples
26. "That '70s Show" character played by Wilmer Valderrama
27. Played-with-a-bow instrument
28. Cartooning, curtly
29. Poet's 'willingly'
30. U.S. tax bureau
31. Marcia __ Harden
35. Spicy cuisine
36. Garner
37. Horsefly
39. Ski-__
40. "___ of the Mask" (2005)
41. Dessert component that needs to be filled: 2 wds.
44. Ohh's kin
45. Small vehicle
46. Television actor's mistake
48. Ex-airline
49. Most happening-right-now television broadcast, say
50. Physique, for short
51. Creature
52. Mohawk Valley city in New York
53. Pre-surgery cleanse
57. Skeleton snapshot
58. Consequently
59. Prefix that means 'To the left'
60. Aboard the ship
61. Benchmark
63. __ tide

★ IT'S ALL IN THE STARS by Sally Brompton

♈ Aries March 21 - April 20

You have pushed yourself hard and may need to slow down a bit. Today's Venus-Mars union encourages you to spend less time at work and more time with the people you love — and one very special person in particular.

♉ Taurus April 21 - May 21

You think you can take on the world and win. Confidence is a wonderful thing, and with your ruler Venus on good terms with dynamic Mars today nothing is beyond you. Go for it!

♊ Gemini May 22 - June 21

Keep lines of communication open. You don't have to pretend that you like certain people but you do have to work with them and that means you have to talk to them too.

♋ Cancer June 22 - July 23

It will be easy to get your message across today. The people you deal with seem much more receptive. The only danger is that once you start talking you may not be able to stop!

♌ Leo July 24 - Aug. 23

Be practical where money is concerned. Cosmic activity in the financial area of your chart warns you could give too much away. Cut back on your spending a bit and on your generosity a lot.

♍ Virgo Aug. 24 - Sept. 23

The union of Venus and Mars in your sign means you will be a lot more assertive but also that you will be able to charm other people to give you whatever it is you desire.

♎ Libra Sept. 24 - Oct. 23

Assess your life in depth. Some conclusions you reach will surprise you. You may see yourself as a thinking person but it is your emotions you should pay more attention to now.

♏ Scorpio Oct. 24 - Nov. 22

You may have to give up on something that is never going to work but there is no need to feel bad about it. New opportunities will present themselves over the next few weeks.

♐ Sagittarius Nov. 23 - Dec. 21

You will no longer be content to play a minor or supporting role at work. The fact is you have more talent in your little finger than many of your colleagues have in their whole bodies, so make sure you get noticed.

♑ Capricorn Dec. 22 - Jan. 20

You will find it easier to understand why certain people think and act the way they do. It takes all sorts to make a world and you have no more right to demand that they be different than they have to demand it of you.

♒ Aquarius Jan. 21 - Feb. 19

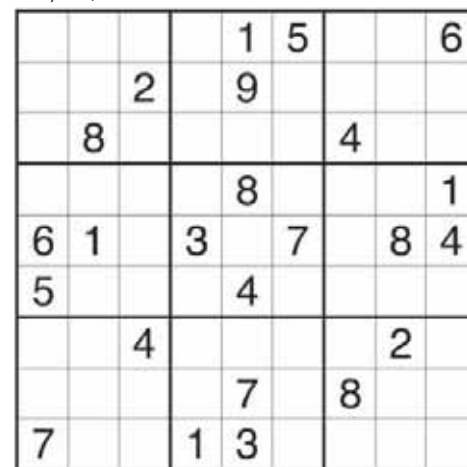
There is nothing to fear but fear itself. Of course, it is easier to say that than to believe, but if you face each challenge calmly you may be surprised by how easily you cope.

♓ Pisces Feb. 20 - March 20

You must decide whether or not you are going to commit to a partnership of a personal or professional nature. With Venus and Mars on your side you are sure to make the right call.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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